

**NET BALL (W/PADDLE)**

STUDENT TARGETS

- ✔ **Skill:** I will strike the balloon (ball) over the net line using a paddle.
- ✔ **Cognitive:** I will talk about activities that are a challenge for me.
- ✔ **Fitness:** I will actively engage and work to improve my skill with a paddle.
- ✔ **Personal & Social Responsibility:** I will try to make accurate hits so that my partner can improve her/his striking skills.

TEACHING CUES

- ✔ Square to Target
- ✔ Opposite Foot Step Forward
- ✔ Paddle Back to Front with a Tick Tock Swing
- ✔ Trunk Coil Back to Front
- ✔ Follow Through up Toward Target

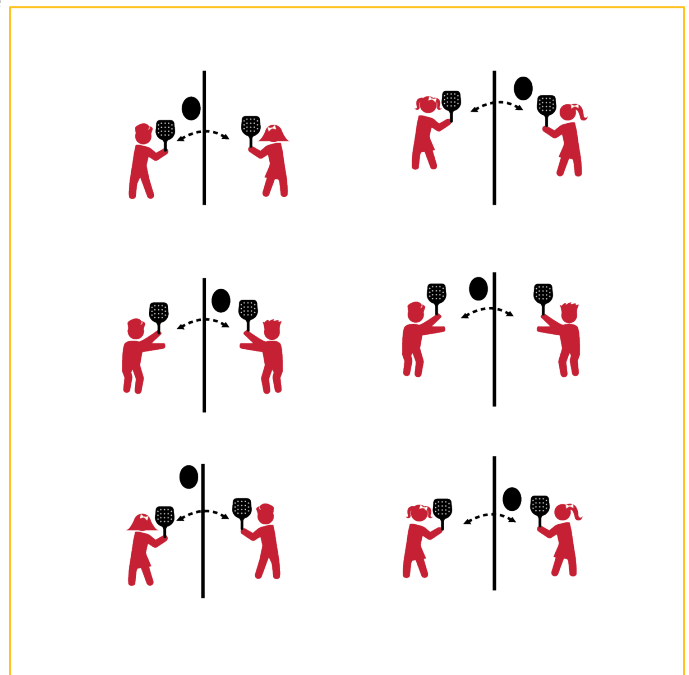
ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- ✔ 1 paddle per student
- ✔ 1 balloon per pair
- ✔ 1 jump rope per pair
- ✔ 4 low profile cones per pair

**Set-Up:**

1. Create 1 grid per 2 students with low profile cones.
2. Divide grids in half using jump ropes.
3. Pair students and send them into a grid, each with a paddle and 1 balloon per pair.
4. Set Player 1 on one side of the rope, and Player 2 on the other side.



**Activity Procedures:**

1. Today we're going to play Net Ball with a paddle. You'll work with a partner to send the balloon over the net (jump rope) so that your partner can strike it with a paddle.
2. It will be important to toss (or serve) the balloon accurately to your partner.

**Grade Level Progression:**

**K:** Player 1 tosses the balloon over the net; Player 2 must touch it with the paddle before it hits the ground. Player 2 then tosses the balloon over the net; Player 1 must touch it with the paddle before it hits the ground.

**1<sup>st</sup>:** Player 1 tosses the balloon over the net; Player 2 must strike the balloon up into the air before it hits the ground. Player 2 will then toss the balloon for Player 1 to strike and catch.

**2<sup>nd</sup>:** Player 1 serves the balloon over the net; Player 2 volleys the balloon back over the net before it hits the ground. Allow up to 3 hits per side as students work to make it over the net. How many times can you and your partner volley the balloon back and forth before it hits the ground?



**NET BALL (W/PADDLE)**

CHALLENGE PROGRESSIONS

- ✔ Use cones to raise the jump rope (net) 12 to 18 inches off of the ground. Students must volley the object over the net.

MODIFICATIONS

- ✔ Remove the jump rope (net), allowing students to volley and move freely throughout the area.

ACADEMIC LANGUAGE

Strike, Paddle, Challenge, Improve, Skill, Accurate

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 1 [E24.K-2]** Strikes a lightweight object with a paddle/short-handled racket (K); Strikes a ball with a short-handled implement, sending it upward (1); Strikes an object upward with a short-handled implement, using consecutive hits (2).
- ✔ **Standard 3 [S3.E2.K-2]** Actively participates in physical education class (K); Actively engages in physical education class (1); Actively engages in physical education class in response to instruction and practice (2).
- ✔ **Standard 4 [E4.K-2]** Shares equipment and space with others (K); Works independently with others in a variety of class environments (e.g., small & large groups) (1); Works independently with others in partner environments (2).
- ✔ **Standard 5 [E2.K-2]** Acknowledges that some physical activities are challenging/difficult (K); Recognizes that challenge in physical activities can lead to success (1); Compares physical activities that bring confidence and challenge (2).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** How does it feel when something you are trying to learn is challenging?
- ✔ **DOK 2:** What steps could you follow to overcome a challenge?
- ✔ **DOK 3:** What would happen if you quit as soon as something was challenging? What would happen if you kept trying?

TEACHING STRATEGY FOCUS

**Help students engage in complex tasks:** Volleying an object over a line or net is a complex task for most young children. However, it also represents a challenging application to the skills they've been working to develop. Allowing students to both fail and succeed in complex tasks that utilize developed skills allows them to develop meaning for prior (and future) skill practice. Encouraging perseverance and examining student grit is an essential for helping students embrace and grow from challenging tasks.